

PARENT & CHILD CLASSES

ART

Little Masterpiece Artists

This class has been designed to introduce your child to the wonderful world of imagination through art. Your child will learn how to use an assortment of tools to create their own little masterpieces. They will be painting, working with clay, crayons, markers, paper shapes and much more. A \$15 supply fee is due to the instructor on the first day of class.

Instructor: Lynne Roznowski

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
2-3 yrs	Wed	9:15-10:00am	3/30	10	\$63
2-3 yrs	Wed	11:15am-12:00pm	3/30	10	\$63

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Wed	5:30-6:15pm	3/30	10	\$63



Paint, Paint and More Paint

This class has been designed to introduce your child to the wonderful world of imagination through paint. Your child will learn how to use a mixture of painting tools to create their own little works of art. A \$10 supply fee is due to the instructor on the first day of class.

Instructor: Lynne Roznowski

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
2-3 yrs	Wed	10:15-11:00am	3/30	10	\$63

DANCE

Ballet and Tap - Toddler & Me

Introduce your child to the world of dance and get your exercise at the same time. You'll stretch, turn, and learn easy fun routines. Ballet shoes recommended. No tap shoes.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
2-4 yrs	Wed	11:00-11:25am	3/30	10	\$55
2-4 yrs	Sat	11:45am-12:10pm	4/2	10	\$55

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



Creative Movement for Toddler and Me

Join our fun-filled creative movement program. This class is specially designed for toddlers to learn rhythm, gross motor and basic tumbling skills with engaging music. With many exciting props and equipment used in every class, students will explore their creative imaginations in a nurturing environment.

Instructor: Petite Feet Dance and Fitness

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
1½-2½ yrs	Thu	5:00-5:30pm	3/31	10	\$98

Mommy and Me Movement to Music

Learn basic dance steps while using your imagination to become animals, plants, etc.

Instructor: Heather Rivers

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
1-3 yrs	Thu	9:30-10:00am	3/31	5	\$60

EARLY CHILDHOOD DEVELOPMENT

Busy Babeez - Toddler & Me **NEW**

Through music, movement, stories and games, your child will develop early social and learning skills from listening and following directions to sharing and taking turns. Busy Babeez provides a fun and stimulating environment to help foster these important skills.

Instructor: Carrie Nilsson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
1½ -3 yrs	Thu	3:30-4:30pm	3/31	8	\$80

Spanish Immersion for Toddlers

Children in this class don't sit still for long. These young "students" start learning a new language through a variety of activities designed to engage their minds and bodies. Music and movement form the foundation for the classes. A \$10 material fee is due to instructor on the first day of class (includes CD).

Instructor: Lango Burbank

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
1½-3 yrs	Sat	9:15-10:00am	4/2	10	\$160

PARENT & CHILD CLASSES

Zumbini®

Designed for children 3 months-3 years old and their caregivers, this program takes little ones on their first steps towards a healthy, active life. Together adults and their young children wiggle, sing and learn for the ultimate bonding experience. Zumbini® classes offer dance “n” play movement, fun props and a chance to play musical instruments. A \$35 material fee due to the instructor on the first day of class (includes 2 music CD's and Songbook).

Instructor: Anna Mazzucato

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
3mo.-3yrs	Mon	10:15-11:00am	3/28	10	\$135
3mo.-3yrs	Mon	4:00-4:45pm	3/28	10	\$135
3mo.-3yrs	Tue	9:00-9:45am	3/29	10	\$135
3mo.-3yrs	Wed	10:15-11:00am	3/30	10	\$135
3mo.-3yrs	Thu	9:00-9:45am	3/31	10	\$135
3mo.-3yrs	Thu	11:30am-12:15pm	3/31	10	\$135

MARTIAL ARTS

Kinder Karate

This preparatory program utilizes an age appropriate curriculum and our exclusive KIBUKAN® system to focus on building coordination, confidence, memory and discipline, in a structured goal oriented environment. Students and parents participate in fun Karate activities, challenging techniques and healthy exercises designed to build a strong foundation and essential life skills. A \$55 start-up fee is due to instructor at first day of class for new students. This class is for returning students only and one parent must participate with student in every class.

Instructor: Masters In Motion

McCambridge Recreation Center

Yellow Belt & Up

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Tue	5:15-5:55pm	3/29	9	\$109

MUSIC

Piano and Music Enrichment

Immerse your little ones in the joy of music, as they naturally absorb the fundamentals of the musical language in a fun and relaxing environment: Melody/harmony, singing, solfege, rhythm, music notation and keyboard technique for tiny fingers.

Instructor: Southern California Piano Academy

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Tue	3:00-3:30pm	3/29	8	\$108

SPECIAL INTEREST

Wildlife Explorer Tots

Toddlers will learn about animals of the world, nature and the environment through the use of stories, music, sensory play, imaginative play, interactive play, games, and arts and crafts. A \$20 material fee is due to the instructor at the first class.

Instructor: Ashley Erikson

Stough Canyon Nature Center

Ages	Day	Time	Start	Wks	Fee
2-4 yrs	Tue	10:00-11:00am	3/29	8	\$100

SPORTS & FITNESS

Parents & Me Soccer

Introduce yourself and your toddler to the “World’s Most Popular Game.” As you and your child participate in our fun age appropriate activities, your child will be developing their large motor and socialization skills. The fun happens on the field, so don’t just watch from the sidelines. All kids will receive a Kidz Love Soccer jersey.

Instructor: Kidz Love Soccer

Miller Park

720 E Providencia Ave, Burbank, CA 91501

Ages	Day	Time	Start	Wks	Fee
2-3½ yrs	Fri	5:45-6:15pm	4/8	8	\$109
2-3½ yrs	Sat	5:15-5:45pm	4/9	8	\$109



Wee Explorers Gymnastics

Using their budding curiosity, toddlers will learn through movement and exploration. Activities may include puzzles, balloon toss, bubbles, tents and tunnels, a floor balance beam, log rolling and incline mats. All of these activities keep a developing brain busy creating new neuro-pathways that set up building blocks for life.

Instructor & Location:

Golden State Gymnastics

1828 N Keystone St, Burbank, CA 91504

Ages	Day	Time	Start	Wks	Fee
1-2 yrs	Tue	12:15-12:45pm	3/29	8	\$90
1-2 yrs	Wed	3:00-3:30pm	3/30	8	\$90

PRESCHOOL CLASSES

ART

Kids and Clay

Introduce your preschooler to pottery. The very basics in hand-building, pinch pot and slab methods are taught as they create interesting, fun projects. A non-refundable \$5 supply fee is included in the class price.

Instructor: Jack Paul Miller

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Mon	3:00-3:45pm	3/28	5	\$50



DANCE

Ballet and Tap

Two dance favorites in one class. Students learn simple steps and do easy ballet and tap routines in this energetic class.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Level 1

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Tue	5:00-5:25pm	3/30	10	\$55

Level 1 *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Tue	4:30-4:55pm	3/29	10	\$55
3-5 yrs	Wed	11:30-11:55am	3/30	10	\$55
3-5 yrs	Thu	5:30-5:55pm	3/31	10	\$55
3-5 yrs	Sat	9:45-10:10am	4/2	10	\$55

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Ballet Dancerama for Boys and Girls

This class will introduce your little dancer to the basic ballet skills needed for all dance forms. Together we will stretch, spring, and spin, while we gain coordination and self-confidence.

Instructor: Kristan Sauter

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
3½-6 yrs	Sat	12:15-12:55pm	4/2	9	\$63

Budding Ballerinas

Garri Dance Studio's imaginative preschool ballet class is a light and fun approach to teach the tiny dancer in your home. Young dancers will be introduced to the wonderful world of dance as staff incorporates magical imagery, dance games and props to evoke creativity and enthusiasm.

Instructor & Location:

Garri Dance Studio

3715 W Magnolia Blvd., Burbank, CA 91505

Ages	Day	Time	Start	Wks	Fee
2-3 yrs	Tue	4:30-5:00pm	3/29	10	\$75
2-3 yrs	Thu	11:15-11:45am	3/31	10	\$75



PRESCHOOL CLASSES

Hip-Hopotamus

Garri Dance Studio's preschool Hip hop class is geared towards the toddler who can't stop bouncing to the beat. Funky- fresh moves to current music will be taught. Class includes stretches, across the floor combinations and choreography. Students are encouraged to channel their own creative expression in this class.

Instructor & Location:

Garri Dance Studio

3715 W Magnolia Blvd., Burbank, CA 91505

Ages	Day	Time	Start	Wks	Fee
2-3 yrs	Tue	4:00-4:30pm	3/29	10	\$75
2-3 yrs	Thu	10:00-10:30am	3/31	10	\$75

Joy of Dance

Here is your first chance to dance like your favorite ballet princess or prince. Together we will develop basic ballet skills to last a lifetime as well as gain self-confidence and poise.

Instructor: Kristan Sauter

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
3½-6 yrs	Thu	2:30-3:10pm	3/31	10	\$65



Preschool Creative Dance

While learning ballet, jazz, tap technique and vocabulary, your child will share the joy of physical self-expression through fun, playful and engaging routines and activities. Our instructors will encourage each child's creative imagination with exciting props and music used in every class.

Instructor: Petite Feet Dance and Fitness

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Thu	5:45-6:30pm	3/31	10	\$98

Storybook Ballet

In this class, your little one will be introduced to the basics of ballet, while becoming characters from our book. A different book is read every 2 weeks. All students must have ballet shoes.

Instructor: Heather Rivers

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
2-5 yrs	Thu	10:15-11:00am	3/31	5	\$60

EARLY CHILDHOOD DEVELOPMENT

Kinder Concepts

Enjoy games, crafts and activities while reviewing basic kindergarten skills, plus reviewing concepts such as bigger/smaller, before/after, important community people and seasons. This recreation-based class will assist children in social and educational skills needed for kindergarten in a fun and playful way. Children must be entering kindergarten by August 2016.

Instructor: Recreation Staff

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Fri	10:00-11:00am	4/1	9	\$45

Kinder Tots

This recreational-based course is designed for the preschool age child entering kindergarten in August 2016. Emphasis is placed on learning and recognizing ABC's, shapes, colors and numbers. Activities include arts and crafts, exercise, sports and games, story time and share time. Children will receive snack and juice at each class. A \$10 supply fee is due to the instructor at the first class.

Instructor: Recreation Staff

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
4¼-5 yrs	M/W	10:00am-12:00pm	3/28	9	\$91

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
4¼-5 yrs	M/W	10:00am-12:00pm	3/28	9	\$91

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
4¼-5 yrs	T/Th	10:00am-12:00pm	3/29	9	\$91



PRESCHOOL CLASSES

Tiny Tots

A recreational-based program where crafts, games and songs help introduce preschooler's to shapes, colors, numbers, the alphabet and much more. Activities may include arts and crafts, dance and rhythms, sports and games, story time, circle time and other activities.

Instructor: Recreation Staff

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
3¼-4¼ yrs	M/W	10:00-11:30am	3/28	9	\$61

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
3¼-4¼ yrs	T/Th	10:00-11:30am	3/29	9	\$61

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
3¼-4¼ yrs	T/Th	10:00-11:30am	3/29	9	\$61

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
3¼-4¼ yrs	M/W	10:00-11:30am	3/28	9	\$61

MUSIC

Piano and Music Enrichment

No need to wait until your child is old enough to endure a long private music lesson. Transitional Kindergarteners/ Kindergarteners can learn as much as older kids, and have fun absorbing mountains of musical information: Melody/harmony, singing, solfege, rhythm, reading/writing notation and keyboard technique for smaller fingers. Parent participation is recommended. Please bring small portable keyboard and a \$20 material fee is due to the instructor at the first class.

Instructor: Southern California Piano Academy

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
5-6½ yrs	Tue	3:30-4:00pm	3/29	8	\$108



Singing and Stage Presence for the Little Ones

In a fun environment your child will learn to sing through voice lessons designed to help them find their own style and build their confidence. Singing is a superb tool for learning self-control, vocabulary, grammar and story form. Music will be provided and students will sing at final performance.

Instructor: Andrea Vicich

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Wed	5:00-5:30pm	4/6	7	\$70

SPECIAL INTEREST

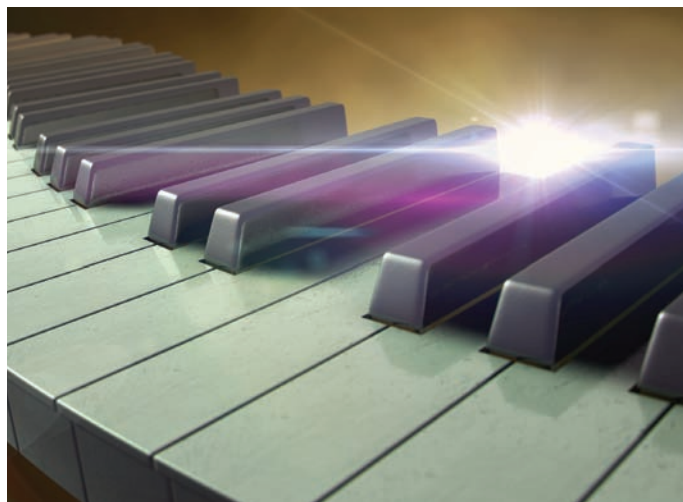
French Immersion for Preschoolers

Children will learn a new language and have a blast in the process. Our classes incorporate music and movement, games, storytelling and art to keep children immersed and engaged in the language. A \$25 material fee is due to instructor at the first class (includes workbook, flashcards, and a CD).

Instructor: Lango Burbank

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
3½-5 yrs	Wed	3:00-3:45pm	3/30	10	\$160



PRESCHOOL CLASSES

Spanish Immersion for Preschoolers

Children will learn a new language and have a blast in the process. Our classes incorporate music and movement, games, storytelling and art to keep children immersed and engaged in the language. A \$25 material fee is due to instructor at the first class (includes workbook, flashcards, and a CD).

Instructor: Lango Burbank

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
3½-5 yrs	Thu	3:00-3:45pm	3/31	10	\$160
3½-5 yrs	Sat	10:15-11:00am	4/2	10	\$160

Storybook Cooking

This class offers an integration of storytelling and simple recipe preparation. This is a delicious approach to literature appreciation for youngsters. A \$10 supply fee is due to the instructor at the first class.

Instructor: Recreation Staff

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Wed	1:30-2:30pm	3/30	9	\$32

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Fri	11:15am-12:15pm	4/1	9	\$32



SPORTS & FITNESS

Half Day Kid Camp

Boys and girls enjoy 3 hours of gymnastics, trampoline, crafts, snacks, fun and games in Fun & Fit Gymnastics air conditioned and fully padded facility. Participant must be toilet trained. Registration for this class must be completed through the Burbank Parks and Recreation Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location:

Fun and Fit Gymnastics

1919 West Burbank Blvd., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Fri	12:00-3:00pm	4/1	8	\$280



Kids Progressive Class

Basic fundamental skills required to succeed in all sports are introduced for kids old enough to follow directions without their parents' assistance. Curriculum and "Personal Best" philosophy provides a safe and successful experience for all children, raising their self-esteem. Instructors help children learn movement skills on tumbling, trampoline, bars, beams and vaulting. Registration for this class must be completed through the Burbank Parks and Recreation Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location:

Fun and Fit Gymnastics

1919 West Burbank Blvd., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Tue	11:00-11:45am	3/29	8	\$110
4-5 yrs	Tue	6:30-7:15pm	3/29	8	\$110
4-5 yrs	Tue	7:30-8:15pm	3/29	8	\$110
4-5 yrs	Thu	11:00-11:45am	3/31	8	\$110
4-5 yrs	Thu	6:30-7:15pm	3/31	8	\$110

Little Musketeers Fencing

Introduce your little one to the amazing sport of fencing. They will be introduced to the basic stances and movements while having fun with stretching and exercise. Allows work with hand-eye coordination while wearing protective gear. The uniform and equipment rental fee is \$35, payable at the first class.

Instructor & Location:

Swords Fencing Studio

134 S Glenoaks Blvd., Burbank, CA 91502

Ages	Day	Time	Start	Wks	Fee
3-6 yrs	Wed	3:30-4:15pm	3/30	8	\$80

Petite Feet Gym

This class is a fun introduction to beginning tumbling skills. Each child will be introduced to new skills through obstacle courses and circuit stations. As our instructor encourages each student, they will gain confidence, self-esteem, strength and endurance while building strong, healthy bodies and brains.

Instructor: Petite Feet Dance and Fitness

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
3-5 yrs	Thu	4:30-5:00pm	3/31	10	\$98

PRESCHOOL CLASSES

Tot/Pre Soccer

Little tykes will enjoy running and kicking just like the big kids. Encourages large motor skill development through fun soccer games and teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey.

Instructor: Kidz Love Soccer

Miller Park

720 E Providencia Ave., Burbank, CA 91501

Ages	Day	Time	Start	Wks	Fee
3½ -5 yrs	Fri	5:00-5:35pm	4/8	8	\$109
4-5 yrs	Sat	4:00-4:35pm	4/9	8	\$109
3½ -4 yrs	Sat	4:35-5:05pm	4/9	8	\$109

Tot Sports and Games

An introduction to sports skills and fun games in a safe, non-competitive environment. Emphasis is on having fun, teamwork, and good sportsmanship.

Instructor: Recreation Staff

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
4-5 yrs	Thu	2:00-2:45pm	3/31	9	\$32

Transition Class

This class allows your child who is accustomed to our "child directed" Tumble Tots program to make the adjustment necessary to participate in the Kids Progressive program more comfortably and with the assistance of their parent. Registration for this class must be completed through the Burbank Parks and Recreation Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location:

Fun and Fit Gymnastics

1919 West Burbank Blvd., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
3-4 yrs	Tue	6:30-7:15pm	3/29	8	\$134

Tumble Tots Class

Tumble Tots is for children ages 12 months to 3 years is child-directed and the classes have the entire Fun & Fit facility to enjoy tumbling, climbing, jumping, swinging, sliding, and many other developmental skills, while also learning social skills working with other children. Registration for this class must be completed through the Burbank Parks and Recreation Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location:

Fun and Fit Gymnastics

1919 West Burbank Blvd., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
1-3 yrs	Tue	2:00-2:45pm	3/29	8	\$110
1-3 yrs	Wed	2:15-3:00pm	3/30	8	\$110



YOUTH CLASSES

ART

Drawing I

This class will cover the basics of drawing with pencil on paper to achieve a greater likeness to life and the student's imagination. We will cover topics such as light, perspective, composition and emotion, among others. This beginner course is for those trying their hand at sketching for the first time. A \$10 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
10-13 yrs	Mon	6:00-6:45pm	3/28	10	\$60

Drawing and Watercolor for Kids

Using proven methods of contour drawing technique, we will draw from images and freely interpret them with color. Your child's drawing skill will amaze you. Very good confidence building process. Bring an 8-color watercolor set to class. A \$7 material fee is due to the instructor at the first class.

Instructor: Margo Gravelle

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Thu	3:30-4:30pm	4/28	5	\$59



Family Fun at the Wheel

Parent and child together will learn the fundamentals of pottery wheel throwing in this fun class. The basic techniques of throwing will be taught. Beginners and advanced welcome. Basic pottery tool kit which can be purchased at any art store is required. A non-refundable \$5 material fee is included in the class fee. Both parent and child must register for class separately.

Instructor: Michael Hirsh

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Thu	3:45-5:00pm	3/31	6	\$63

Kids and Clay

Students will learn to work with clay as they make functional and fun projects like pinch pots, planters and animals. All projects will be glazed and fired. A non-refundable \$5 material fee is included in the class fee.

Instructor: Jack Paul Miller

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Tue	4:00-5:00pm	3/29	6	\$63

Youth Master Artists

This class has been designed to introduce your child to the wonderful world of imagination through art. Your child will learn how to use an assortment of tools to create their own masterpieces. They will be painting, working with clay, cardboard, recycled items, markers, paper and much more. An \$18 supply fee is due to the instructor on the first day of class.

Instructor: Lynne Roznowski

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
6-9 yrs	Wed	6:30-7:30pm	3/30	10	\$68

Youth Pottery Wheel

Basic techniques of wheel throwing will be taught. Beginners and advanced potters are welcome. Basic pottery tool kit which can be purchased at any art store is required. A non-refundable \$5 material fee is included in the class fee. Parents may enroll in this class.

Instructor: Michael Hirsh

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
11-14 yrs	Wed	3:45-5:00pm	3/30	6	\$63



DANCE

Ballet – Beginner to Advance

Classical ballet improves concentration, flexibility, musicality, and endurance. It is used as a foundation for other dance forms. The fundamentals of classical ballet technique and terminology are introduced in the level 1 class and are progressively developed in the levels 2 and 3. Pointe work is included as level 3 with teacher's permission only. To learn two types of dance on the same day, register for "Tap Dance – Beginner to Advanced" immediately following each ballet class.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Level 1 * Instructor approval required

Ages	Day	Time	Start	Wks	Fee
6 yrs +	Tue	5:30-5:55pm	3/29	10	\$55
*6 yrs +	Wed	4:30-4:55pm	3/30	10	\$55

Level 2 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Thu	6:00-6:40pm	3/31	10	\$65

Level 3 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
8 yrs +	Sat	10:15-11:10am	4/2	10	\$75

Level 4 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
8-18 yrs	Fri	5:45-6:40pm	4/1	10	\$75

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



Beautiful at the Ballet

Leap, turn, and arabesque a little higher in this class designed for the student excited to put their skills in combination with enjoyable ballet choreography. Together we will gain strength, flexibility, confidence and poise.

Instructor: Kristan Sauter

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Mon	3:45-4:30pm	3/28	9	\$63



Dance Performance Workshop (Ballet, Tap, Jazz and Spanish Dance)

Students are trained in four different styles of dance: ballet, tap, jazz and Spanish. This is a year round class that combines technique and choreography and is designed to encourage versatility and develop performance skills. Dancers must have completed Ballet Level 1 and Tap Level 1 with Sandra Dixon to be eligible for the Level 2 class.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Level 2-3 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Wed	5:30-6:40pm	3/30	10	\$80

Level 4 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
8-18 yrs	Fri	4:00-4:45pm	4/1	10	\$45

Level 5 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
8-18 yrs	Fri	4:45-5:40pm	4/1	10	\$45

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Dance Stretch and Strengthen

This class is for dancers of all ages and levels who wish to improve their flexibility in the legs, back, arms and increase their endurance. The class also covers basic dance technique, across the floor, center work and teaches you how to strengthen the body to prevent common dance injuries. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Wed	4:30-5:30pm	3/30	10	\$55

Dancing to the Hip Hop and Jazz Hits Advanced

This class introduces Hip-Hop and Jazz styles of dance to the student. Dancers are introduced to a basic warm-up; begin learning across the floor technique and basic skills needed for higher levels of dance. Simple and fun combinations are provided to build performance skills and confidence. All students must have jazz and tennis shoes.

Instructor: Teri Richardson

Ovrom Community Center Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
5-6 yrs	Wed	3:20-4:20pm	3/30	10	\$65

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

YOUTH CLASSES

Hip Hop and Dance Workout for Boys and Girls

Hip Hop style and basic dance technique are combined in this class that includes stretching, turns, jumps and hip hop routines.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Level 1-2

Ages	Day	Time	Start	Wks	Fee
6 yrs +	Tue	6:45-7:10pm	3/29	10	\$55

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



Hip Hop Dance - Level 1 Advanced

This high-energy progressive class contains a blend of several styles of Hip Hop. Dancers warm-up, are introduced to across the floor technique and build skills and vocabulary needed for higher levels of Hip Hop and dance. Focus is on flexibility, style and showmanship, as well as fine tuning performance skills. All students must wear jazz shoes, tennis shoes, long socks and soft cloth knee pads for floor work.

Instructor: Teri Richardson

Olive Recreation Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
8-16 yrs	Mon	4:05-4:55pm	3/28	10	\$74

Ovrom Community Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
8-16 yrs	Fri	4:05-4:55pm	4/1	10	\$74

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Hip Hop and Jazz Dance - Level 2

Hip Hop Dance Level 1 is a pre-requisite for this intermediate class. Continuing dancers are introduced to more advanced Hip Hop moves, add Jazz to their dance range and advanced across the floor technique. Dancers will do harder choreography and formations while focusing on flexibility, style, showmanship and fine tuning performance skills. All Students must have jazz shoes, tennis shoes, long socks and soft cloth knee pads for floor work.

Instructor: Teri Richardson

Ovrom Community Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
8-16 yrs	Thu	4:30-5:45pm	3/31	10	\$80

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Hip Hop and Lyrical Dance - Level 3

This is an intermediate/advanced class for the continuing dancer to introduce lyrical dance, technique, jumps and turns while continuing with faster, harder Hip Hop and advanced across the floor technique. This class will help bridge dancers to the next level: Performance Dance Ensemble. All students must have jazz shoes, tennis shoes, long socks and soft knee pads for floor work.

Instructor: Teri Richardson

Olive Recreation Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
8-16 yrs	Mon	5:00-6:30pm	3/28	10	\$87

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Jazz (Ballet) Level 4

The focus is on jazz choreography. Students must be enrolled in Ballet Level 3 – Beginner to Advanced with Sandra Dixon to qualify to enroll in this class.

Instructor: Sandra Aiena Dixon

Olive Recreation Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
8-18 yrs	Fri	6:45-7:10pm	4/1	10	\$25

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Joy of Ballet

for the Beginning & Intermediate Dancer

Leap, turn, arabesque. Together we will learn to stretch our limbs and soar into the air with our new expression of dance. Classical Ballet technique will be our guide to poise, a healthy body, and self-confidence.

Instructor: Kristan Sauter

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
5½-9 yrs	Thu	3:30-4:15pm	3/31	10	\$65



Michael Jackson's "Thriller" Finale

Join us as we learn the most celebrated dance of all time, "Thriller", which includes MJ's legendary music video choreography as well as new choreography. This piece featuring all ages and levels of dancers will be the final dance to our flashback series. All levels of dancers are welcome. A \$5 music fee is due to instructor at the first class for new students only. All dancers must have tennis shoes.

Instructor: Teri Richardson

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
5-10 yrs	Sat	1:15-2:15pm	4/2	7	\$45

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Pre Hip Hop/ Pop Dance

This high-energy progressive class contains a blend of several styles of Hip Hop/Pop. Dancers warm-up, are introduced to across the floor technique and build dance skills and vocabulary needed for higher levels of Hip Hop and dance. Focus is on flexibility, timing, style and showmanship, and fine tuning performance skills. All students must have jazz shoes, tennis shoes, long socks and soft cloth knee pads for floor work.

Instructor: Teri Richardson

Olive Recreation Center

Level 1 Advanced *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
5-7 yrs	Tue	2:30-3:15pm	3/29	10	\$65

Level 2 *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
6-7 yrs	Mon	3:20-4:05pm	3/28	10	\$65

Ovrom Community Center

Level 1 Advanced *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
5-7 yrs	Fri	3:20-4:05pm	4/1	10	\$65

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Spanish Dance

Expand your classical dance training to include Spanish Dance in the neoclassical style.

Instructor: Sandra Aiena Dixon

Olive Recreation Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
8 yrs +	Fri	7:45-8:15pm	4/1	10	\$25

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



Scholarship Program

The Parks and Recreation Department aims to create community by ensuring that all residents notwithstanding financial abilities, are able to participate in a unique program, class, and/or activity that can help foster healthy and productive lifestyles.



The purpose of our scholarship program is to provide eligible Burbank residents who are in need of financial assistance with the opportunity to engage in recreational activities. Applicants are required to be within the ages of 18 years or under (if 18, must still be enrolled in High School) or 55 years and over.

WHAT PROGRAMS ARE ELIGIBLE?

Eligible programs include: camps; recreation and special interest classes; youth sports classes and camps; swim passes, teams, and instructional classes; skate park activities; and adults 55+ day trips and classes.

For additional information email
recreationscholarships@burbankca.gov

"Together we strive to be the heart of the community by providing enriching opportunities through dedicated people, beautiful parks and inspiring programs."

YOUTH CLASSES

Tap Dance – Beginner to Advanced

Tap dancers make music with their feet. It's great physical and mental exercise. Level 1 introduces basic steps and easy routines. Levels 2 and 3 progress to combinations and challenging choreography. Make it a combo class by taking "Ballet – Beginners to Advanced" immediately preceding each class.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Level 1 * Instructor approval required

Ages	Day	Time	Start	Wks	Fee
6 yrs +	Tue	6:15-6:40pm	3/29	10	\$55
*6 yrs +	Wed	5:00-5:25pm	3/30	10	\$55

Level 2 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Thu	6:45-7:10pm	3/31	10	\$55

Level 3 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
8 yrs +	Sat	11:15-11:40am	4/2	10	\$25

Level 4 Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
8 yrs +	Fri	7:15-7:40pm	4/1	10	\$25

**Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.*

Theatrical Combination Dance Advanced

This combination class focuses on beginning and advanced technique to strengthen each dancers theatrical dance skills. If you love to dance or need training for show choir, theater, or film, then this high energy class is for you. All levels of dancers are welcome. All students must have jazz shoes and tennis shoes.

Instructor: Amanda "Green" Richardson

Olive Recreation Center Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
10 yrs +	Tue	3:20-4:20pm	3/29	10	\$76

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

The Art of Hula – Hawaiian Dance

Sway your hips this way and escape to the Hawaiian Islands by taking this fun and educational class on the art of Hula, the dance of Hawai'i. In addition to a few dances, students will learn Hawaiian language and history as well as basic hula steps and hand motions.

Instructor: Mikilani Young

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
4-10 yrs	Thu	5:30-6:15pm	4/14	4	\$45

MARTIAL ARTS



Jr. Karate

Empower kids to deal with common threats including bullying, abduction and school violence, while adopting a healthy lifestyle. The KIBUKAN® system covers all areas of martial arts including evading, striking, grappling and groundwork. Age appropriate curriculum promotes balance, muscle control, flexibility and focus, instills discipline and respect, while offering the best mix of traditional structure, modern training and reality based self-defense. Add Kobudo (weapons) and Sparring class for maximum benefit. A \$55 start-up fee is due to instructor on first day of class for new students only.

Instructor: Masters In Motion

McCambridge Recreation Center

All Levels

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	M/W	6:00-6:45pm	3/28	9	\$199
6-12 yrs	T/Th	6:00-6:45pm	3/29	9	\$199
6-12 yrs	Sat	10:00-10:45am	4/2	8	\$109

Jr. Karate Sparring

Take your confidence to the next level by exploring the strategic application of KIBUKAN®, karate with practical sparring. Students refine and apply their skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring allows students to improve their control, distance, focus, reflexes and timing. Must be at least Orange belt in Jr. Karate or have special permission from instructor to participate.

Instructor: Masters In Motion

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Thu	6:45-7:15pm	3/31	8	\$69

Jr. Kobudo

Explore the mystique of martial arts weapons for fun, health, physical conditioning and self-defense. Powered by the exclusive KIBUKAN® system, the age appropriate kid-safe curriculum promotes balance, muscle control, flexibility and focus. Various weapons also help condition specific muscle groups of developing a stronger body, peaceful attitude and sense of balance. Must be at least Purple Belt in Jr. Karate or have special permission from Instructor to participate.

Instructor: Masters In Motion

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Tue	6:45-7:15pm	3/29	8	\$69
6-12 yrs	Sat	10:45-11:15am	4/2	8	\$69



MUSIC

Beginning Classical Guitar

This class is for beginners who want to learn to fingerpick standard classical guitar repertoire. Students will be introduced to basic posture, music notation, fingerpicking, etudes, arpeggios and more. Students must own a nylon-string acoustic guitar and practice a minimum of 30 minutes daily. A \$10 music fee is due to the instructor at the first class.

Instructor: Kevin Benson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
9 yrs +	Tue	6:00-7:00pm	3/29	8	\$90

Drums

This class will teach you the basics of drumming; we will start by learning how to hold the sticks properly and then learn some basic snare drum rudiments, and finally explore the drum set. Students will be required to purchase a basic drum pad and a pair of drumsticks. Earplugs recommended.

Instructor: Bruce Monical

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
6+ yrs	Wed	4:00-5:00pm	3/30	10	\$130

Drums 2

This class is for continuing students who have taken Bruce Monical's introductory drum class or for drummers who feel they have experience with basic rudiments. This class will delve further into more advanced rudiments, learn to read drum music and continue to explore the drum set. Students will be required to purchase a basic drum pad and a pair of drumsticks. Earplugs recommended.

Instructor: Bruce Monical

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
6+ yrs	Wed	5:00-6:00pm	3/30	10	\$130

Guitar, Introductory

Learn the basic chords, scales and rhythms for rock, blues, country and pop. Play with a class of students led by professional guitar player and instructor Tom Moese. Class is designed to nurture guitar skills and motivation, as well as general musical knowledge. Students must provide their own guitar (an acoustic guitar is best).

Instructor: Tom Moese

Olive Recreation Center

New Students

Ages	Day	Time	Start	Wks	Fee
9 yrs +	Mon	4:00-5:00pm	3/28	8	\$100

Continuing Students

Ages	Day	Time	Start	Wks	Fee
9 yrs +	Mon	5:00-6:00pm	3/28	8	\$100

Percussion & Hand Drums

Students will have hands on experience with many percussion instruments from shakers, tambourines, claves, and cowbells to congas and bongos. We will learn standard Latin percussion rhythms and learn to play in an ensemble. Earplugs recommended.

Instructor: Bruce Monical

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Mon	4:00-5:00pm	3/28	10	\$130

Singing and Stage Presence

In a fun environment your child will learn to sing through voice lessons designed to help them find their own style and build their confidence. Singing is a superb tool for learning self-control, vocabulary, grammar and story form. Music will be provided and students will sing at final performance.

Instructor: Andrea Vicich

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Wed	5:40-6:30pm	4/6	7	\$90

StarMakers Musical Theatre Workshop

Perform songs, scenes, and dances from the musical theatre, taught by co-founder of "StarMakers", the longest running children's musical theatre company in Los Angeles. We will train you to put your skills together the way they do on Broadway. There will be a grand performance on the last class meeting.

Instructor: Kristan Sauter

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
7 yrs +	Mon	4:30-5:25pm	3/28	9	\$67

YOUTH CLASSES

SPECIAL INTEREST

Amusement Park Architecture Design **NEW**

Students investigate the fascinating and astonishing worlds of fun engineering and robotics. Our courses support Common Core Standards in S.T.E.M. With this one of a kind program, students will have the opportunity to design, produce and assemble their own amusement park using new and cutting-edge technology. A \$35 material fee is due to instructor at the first class.

Instructor: H.M. Logi

Stough Canyon Nature Center

Ages	Day	Time	Start	Wks	Fee
5-8 yrs	Mon	4:00-5:00pm	3/28	8	\$125

Ancient Lego Engineering **NEW**

This session the Egghead Engineering team is going back in time to build ancient engineering marvels. Using LEGOs, students will build awesome ancient creations like aqueducts, huge dams, wells, and giant coliseums. Then, we'll test them with the crush test, the weight test, and all of our other tests to make sure they can stand up to the challenge. A \$100 material fee is due to instructor at the first class.

Instructor: Professor Egghead

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
5-10 yrs	Fri	4:00-5:00pm	4/1	8	\$20

JUNIOR DOCENTS for 8-18 years

Junior Docents learn outdoor skills, ecological concepts, natural history and leadership while participating in hikes and activities. Learn about the wildlife in our mountains and earn community service credit when volunteering at Nature Center events.

Meetings are held the first Saturday of the month from 9:00-10:30 a.m.

\$24 annual fee



Contact the Stough Canyon Nature Center at 818.238.5440 for more information



Beginner Fencing

The sport of fencing is fun, challenging and a great work-out. With professional instruction, students will be introduced to this specific art form that will enable them to develop balance and discipline in a safe and fun atmosphere. Come and try your hand at this Olympic sport. The uniform and equipment rental fee is \$35, due to instructor at the first class.

Instructor & Location:

Swords Fencing Studio

134 S Glenoaks Blvd., Burbank, CA 91502

Ages	Day	Time	Start	Wks	Fee
7-18 yrs	Mon	5:30-6:30pm	3/28	8	\$98
7-18 yrs	Fri	5:30-6:30pm	4/1	8	\$98
7-18 yrs	Sat	9:00-10:00am	4/2	8	\$98

Computer Animation Fundamentals with PC **NEW**

Working with PC computers, participants will learn skills that help with computer drawing, character creation and movement, voiceover work, character interaction, and speech. In small groups, students will focus on learning introductory computer animation techniques and will create original characters and short animated stories. Please bring pencil and paper for note taking to class.

Instructor: Freshi Media

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
8-12 yrs	Tue	3:30-4:45pm	3/28	8	\$130

French Immersion for Early Elementary

Children will learn a new language, make developmental strides, explore a new culture and make new friends. Our classes incorporate music, games, storytelling and more to keep children immersed and engaged in the language. A \$25 material fee is due to instructor at the first class (includes workbook, flashcards, and a CD).

Instructor: Lango Burbank

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
5½-8 yrs	Wed	4:00-4:45pm	3/30	10	\$160

Hand and/or Machine Sewing

This class is for both beginning and intermediate students. Beginning students will be learning their basic stitches with projects. Intermediate students will move on to more advanced stitchery and projects. Previous students may bring a sewing machine on the third week of class. All students need to bring a sharp pair of sewing scissors and a container for their supplies. An \$18 supply fee is due to the instructor on the first class for beginners only. Supply fees will vary for the intermediate students, depending on their projects of choice.

Instructor: Lynne Roznowski

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
7½ yrs +	Wed	3:30-5:00pm	3/30	10	\$73

Introduction to Video Game Design **NEW**

Learn how to create and design an original and interactive video game. Working with PC's, beginning Game Developers work with a partner to conceive, design, and build their own original computer game. Everything created is original to the team including characters, backgrounds, and theme. Students use creative and critical thinking to complete their games. Please bring pencil and paper for note taking to class.

Instructor: Freshi Media

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
8-12 yrs	Wed	3:30-4:45pm	3/30	8	\$130

Junior Wildlife Explorers

Kids will learn about animals of the world, nature and the environment through the use of stories, music, sensory play, imaginative play, interactive play, and arts and crafts. A \$20 material fee is due to the instructor at the first class.

Instructor: Ashley Erikson

Stough Canyon Nature Center

Ages	Day	Time	Start	Wks	Fee
5-7yrs	Tue	4:00-5:00pm	3/29	8	\$100



Homeschool Nature Adventure for 6-12 years

Learn about the environment through hikes, crafts, projects and games.

10:00-11:30 a.m.

\$5 per child

Upcoming dates:

February 10, 24

March 9

April 13, 27

May 11

Stough Canyon Nature Center

2300 Walnut Avenue

818.238.5440

Professors Egghead: Detectives **NEW**

Come join the Egghead Detective squad this session to solve the mystery of the stolen portrait. Dust for fingerprints, decode secret messages, analyze DNA, and use real forensic science techniques to find the missing artwork. At the end of the session, students will receive an Egghead Detective Degree. A \$100 material fee is due to instructor at the first class.

Instructor: Professor Egghead

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
5-10 yrs	Wed	4:00-5:00pm	3/30	8	\$20

Spanish Immersion for Early Elementary

Children will learn a new language, make developmental strides, explore a new culture and make new friends. Our classes incorporate music, games, storytelling and more to keep children immersed and engaged in the language. A \$25 material fee is due to instructor at the first class (includes workbook, flashcards, and a CD).

Instructor: Lango Burbank

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
5½-8 yrs	Thu	4:00-4:45pm	3/31	10	\$160
5½-8 yrs	Sat	11:15am-12:00pm	4/2	10	\$160

YOUTH CLASSES

Tech Builders: App Design with PC **NEW**

The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project. Please bring pencil and paper for note taking to class.

Instructor: Freshi Media

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
8-12 yrs	Thu	3:30-4:45pm	3/31	8	\$130

SPORTS & FITNESS

Basketball Development

Basic instruction in basketball fundamentals that will help develop skills and game knowledge. Emphasis will be on having fun in game situations.

Instructor: Recreation Staff

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
7-10 yrs	Thu	3:30-4:30pm	3/31	4	\$25
7-10 yrs	Thu	3:30-4:30pm	5/5	4	\$25



Boys & Girls Progressive Co-Ed Class

Non-Competitive introductory gymnastics at its best. Skills are taught following our specially designed curriculum and "Personal Best" philosophy which provides a safe and successful experience for all children, raising their self-esteem. Patient, kind and caring instructors help children learn gymnastics skills on tumbling, trampoline, bars, rings, beams and vaulting. Registration for this class must be completed through the Burbank's Park and Recreation Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location:

Fun and Fit Gymnastics

1919 W. Burbank Blvd., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
6-13 yrs	Tue	6:15-7:15pm	3/29	8	\$134
6-13 yrs	Tue	7:15-8:15pm	3/29	8	\$134
6-13 yrs	Thu	6:30-7:30pm	3/31	8	\$134

Pee Wee Sports and Games

Skill development and fundamentals are emphasized in a fun class for the active young sports person. Teamwork and good sportsmanship are stressed. Five year olds must be currently enrolled in kindergarten.

Instructor: Recreation Staff

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
5-7 yrs	Mon	3:45-4:30pm	3/28	9	\$40

Soccer 1

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All students will receive a Kidz Love Soccer jersey.

Instructor: Kidz Love Soccer

Miller Park

720 E Providencia Ave, Burbank, CA 91501

Ages	Day	Time	Start	Wks	Fee
5-6 yrs	Fri	4:15-5:00pm	4/8	8	\$109
5-6 yrs	Sat	3:15-4:00pm	4/9	8	\$109

Soccer 2

Participants 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. All students receive a Kidz Love Soccer jersey. Shin guards are required.

Instructor: Kidz Love Soccer

Miller Park

720 E Providencia Ave, Burbank, CA 91501

Ages	Day	Time	Start	Wks	Fee
7-10 yrs	Fri	3:30-4:15pm	4/8	8	\$109
7-10 yrs	Sat	2:30-3:15pm	4/9	8	\$109

ZUMBA® Kids

These classes are rocking; high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love; hip-hop, reggaeton, cumbia, salsa and more. Parents love this class because of the effects it has on kids; increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Instructor: Anna Mazzucato

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
7-11 yrs	Mon	5:00-5:45pm	3/28	10	\$75

YOGA

Yoga for Youngsters **NEW**

Jump aboard your magic carpet, your yoga mat and travel into your mind. Through yoga poses, breathing and meditation exercises, this class is designed to teach positive body image and how to let go of negative thoughts. Please bring a yoga mat and blanket.

Instructor: Juliet Kaluzniacki

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
6-12 yrs	Wed	4:30-5:30pm	3/30	8	\$80



Free Mulch Program

The City of Burbank Forestry Division offers free mulch to Burbank residents at three locations throughout the City. Home delivery is available for large quantity loads. The amount of wood to leaves in the mulch will vary.

THE BENEFITS OF MULCH

- Mulching is essential to the survival of your landscape during a drought. Mulch will reduce the amount of water that evaporates from your soil, greatly reducing your need to water your plants.
- Mulch improves the quality of your soil by breaking up clay and allowing better water and air movement through the soil. Mulch provides nutrients to sandy soil and improves its ability to hold water.
- Mulch acts as an insulating layer on top of soil, keeping it cooler in the summer. Roots like that!
- Mulch keeps weeds down, and the weeds that grow are much easier to pull.

PICK-UP LOCATIONS

Residents must load and transport their own mulch. Locations are resupplied as mulch becomes available.

Gross Park - 2800 West Empire Avenue
6:00-10:00 p.m. (back of parking lot along fence)

McCambridge Park - 1515 North Glenoaks Boulevard
(Andover Drive parking lot near ballfield #1)

HOME DELIVERY

The Parks and Recreation Department offers free, large quantity, home delivery to Burbank residents. Requests for home delivery may take up to two weeks to fulfil and requires a signed waiver. Loads are generally placed in the residents' driveway.

Full Load = approximately 10-12 cubic yards, covering 1000 square feet at 3-4 inches thick

Half Load = approximately 5-6 cubic yards, covering 500 square feet at 3-4 inches thick

To request delivery contact 818.238.5304

city of burbank **PARKS
RECREATION**

TEEN & ADULT CLASSES

ART

Artistic Italian Tiles

Create beautiful "old world" Spanish and Italian glazed tiles in the style of Majorca. Using some ancient designs and incorporating contemporary ones, your hand painted tiles will delight and surprise you. Material fee for tiles is due to instructor at first class (\$7 -\$12 for tile, glaze and fire fees).

Instructor: Margo Gravelle

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
14 yrs +	Thu	9:30am-12:30pm	3/31	3	\$52

Basic Drawing

This is the perfect "starter" class for the first time art student. Classes will include working with charcoal, chalk pastels, graphite and colored pencils. Materials list required.

Instructor: Paulette Roussel

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Tue	6:30-8:30pm	3/29	7	\$70

Drawing II

This class will cover more advanced drawing techniques to achieve a greater understanding of the basics, while adding to them. We will cover topics such as design, composition, and unique style, among others. This second level course is for those trying to further their fundamental artistic knowledge. A \$10 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13-17 yrs	Mon	7:00-7:45pm	3/28	10	\$65

Drawing with Prismacolor Pencil

Prismacolor pencils are a pure and brilliant medium that can help you produce amazing images. Course includes composition, color-blending, mixed-media, and special wet-blend techniques. Materials list required.

Instructor: Johnathon Gallagher

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Fri	1:00-3:00pm	4/1	6	\$68



Drawing Techniques

Students will learn different ways of drawing utilizing different materials. A great class for the beginner or intermediate student. Classes will explore different aspects of perspective drawing, composition, texture and value studies. Materials list required.

Instructor: Jack Paul Miller

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	1:00-3:00pm	3/29	6	\$65



Jewelry Making Basics

Create jewelry you'll want to wear. You will learn the skills to make necklaces, bracelets and earrings with beads of your choice and color using proper jewelry tools. Materials will cost approximately \$70. Materials list required.

Instructor: Paulette Roussel

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	1:00-3:00pm	3/28	7	\$70
13 yrs +	Thu	1:00-3:00pm	3/31	7	\$70

Jewelry Making with Precious Metal Clay (Silver & Bronze)

Learn to make your own unique jewelry from this amazing clay-like material which fires to pure metal. Roll, coil, or stamp the silver or bronze clay, then add synthetic stones if desired. We will cover how to polish and patina the fired pieces. Instructor will provide tools for your use in class, and will have on hand for sale Bronze (Bronzeclay-about \$25), Silver (PMC3-around \$50 and PMC 'Paper Clay around \$16) for sale, as well as embeddable synthetic stones. A \$10 firing fee is due to the instructor at the first class.

Instructor: Joan Gamberg

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:30am-12:30pm	4/30	3	\$78

TEEN & ADULT CLASSES

AMERICAN CANCER SOCIETY RELAY FOR LIFE



**Walk With Us and Help Finish
The Fight Against Cancer!**

Relay For Life of Burbank

May 14-15, 2016
9:00 a.m. – 9:00 a.m.

Robert Gross Park
2814 W. Empire Ave.
Burbank, CA

Start or join a fundraising team today. www.relayforlife.org/BurbankCA

Live Model Workshop

This workshop is designed for those who can paint and/or draw independently, without instruction, using any media. Registration includes model fee. Class minimum registration of 8 students must be reached by March 25. Registration begins on February 24. Checks for this class must be made out to: Fine Arts Federation. Registration is accepted at the Creative Arts Center only.

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Wed	9:30am-12:30pm	3/30	8	\$70



Painting, Introduction to

Whether this is your first opportunity to explore the world of art or you are already into it and need some guidance and direction, this class is for you. Acrylics or oils are welcome. Supplies will be discussed at first class. Please bring newsprint pad 18 x 24 and a \$2.50 material fee for a "Pentel" pen is due to the instructor at the first class.

Instructor: Margo Gravelle

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	9:30am-12:00pm	4/21	6	\$90

Painting with Acrylics

Acrylics are brilliant, water-based paints, quick-drying, and easy to use. Unleash your inner potential under the confident guidance of award-winning artist, Johnathon Gallagher. This versatile medium is chosen by most modern painters; learn the secret techniques from an artist painting with acrylics for over thirty-five years. Materials list required.

Instructor: Johnathon Gallagher

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Fri	3:30-5:30pm	4/1	6	\$68

Painting Mixed Media - Intermediate

Open class for the seasoned painter - Acrylics or oils? Gouache or casein? Watercolors or pen and ink? How do you combine these mediums to create multi-media works of art? Be introduced to combinations that work well together, under the versatile guidance of a multi-media artist. Draw and paint with your chosen medium. Materials list required.

Instructor: Johnathon Gallagher

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Tue	3:30-5:30pm	3/29	6	\$68



TEEN & ADULT CLASSES



Painting, Watercolor Impressions

The class will focus on watercolor techniques, composition, tonal values, color, design, and texture. Students will learn how to see with an artist eye, how to simplify the scene into larger shapes, the magic of watercolor through demonstrations, personal instruction and objective criticism. Your subject will include the still life, portrait, landscape, and architectural features. Open to dedicated watercolorists of all levels. Supply list is available on website. A \$10 material fee is due to instructor at first class.

Instructor: Valia Hristova

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	6:00-8:00pm	4/4	8	\$90

Painting, Watercolor

Explore the variety of experimental techniques with water base paints. A lesson is given each week with a demo. Students may work on their projects as well. A critique will be given each week on class or individual projects. All levels welcome. Supply list is available. A \$10 material fee is due to instructor at first class.

Instructor: Pam McDonald

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	9:30-11:30am	4/4	8	\$90

Pen and Ink with Watercolor

This class will cover art basics with the ink pen and then move into using watercolor wash to enhance our finished pieces. We will explore drawing from life and creating new pieces from our imagination. All levels welcome. A \$10 material fee is due to instructor at first class.

Instructor: Lin Rhys

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:30-7:30pm	3/30	8	\$75

Polymer Clay

Get creative with polymer clay. We will be exploring its many uses in this class, from jewelry to home décor, beautiful gifts and much more. A \$20 material fee is due to instructor at first class.

Instructor: Lin Rhys

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	4:30-5:30pm	3/28	8	\$40

Pottery

Level 1 - Beginning: Students will learn various methods of hand construction with high fire stoneware clay. Pinch, slab and coil techniques and introduction to glazing will be covered. No pottery wheel instruction. **Level 2** - Intermediate: Classes will include individual instruction in the techniques of wheel throwing, hand building and glazing. Students will expand upon their knowledge of what was learned in Level 1 classes. Prerequisite: Level 1. **Level 3** - Advanced: Students need experience hand building, throwing on the wheel and glazing techniques. Prerequisite: Level 2 and instructor approval required. NO PRODUCTION POTTERY ALLOWED.

Creative Arts Center

Level 1 Instructor: Debbie Henson

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	1:00-3:00pm	3/31	9	\$58

Levels 1 & 2 Instructor: Jack Paul Miller

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	7:00-9:00pm	3/28	9	\$58
18 yrs +	Tue	6:00-9:00pm	3/29	9	\$80

Level 2 Instructor: Judy Springborn

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Wed	7:00-9:00pm	3/30	9	\$58

Level 2 Instructor: Veronica Ferrantelli

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	6:00-9:00pm	3/31	9	\$80

Level 2 Instructor: Barbara Rog

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	9:30-11:30am	3/29	9	\$58
18 yrs +	Wed	9:30-11:30am	3/30	9	\$58
18 yrs +	Thu	9:30-11:30am	3/31	9	\$58

Level 3 Instructor: Claude Hulce

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	1:00-3:00pm	3/29	9	\$58



TEEN & ADULT CLASSES



Pottery, Friday Night at the Pottery Studio

This class is designed for beginning through advanced pottery students. Beginners will learn the basics in pottery making, while intermediate/advanced students may work on their own projects with technical assistance from the instructor, if desired. Materials list required for beginning students.

Instructor: Michael Hirsh

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
14 yrs +	Fri	4:00-7:00pm	4/1	9	\$80

Pottery Techniques

This class is designed to teach you the skills to realize your creative pottery ideas. Explore a variety of pottery forming techniques using hand building and wheel work. Then experiment with various types of surface decoration. Beginners are welcome, but wheel throwing will not be taught. Materials list required for beginning students.

Instructor: Debbie Henson

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	12:00-2:30pm	3/28	9	\$73

Pottery, Wheel and Glaze

Learn how to throw, trim and glaze in this comprehensive class. This class is designed to help the beginner through advanced student improve and develop their pottery skills. Basic and advanced glazing techniques will be taught. Hand builders are also welcome. Materials list required for beginning students.

Instructor: Michael Hirsh

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Wed	1:00-3:00pm	3/30	9	\$63

Sculpting with Extruded Clay Forms

Students will be instructed on how to create functional and decorative pieces; vases, lidded boxes or free standing figurative sculptures, and how to incorporate extruded forms into their projects. Basic introduction in anatomy and proportion for sculpting the human figure, animal and geometric forms will be provided. Beginning students will start instructed projects designated by the teacher, while the advanced students may work independently. A \$10 non-refundable supply fee is included in the class fee. Glaze and firing fee apply. Materials list required for beginning students.

Instructor: Jack Paul Miller

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	4:00-6:00pm	3/28	9	\$70

Spinning Fiber for Yarn

Learn to spin your own yarn using a hand spindle or spinning wheel. Learn to prepare fiber for spinning and how to ply the yarn for use in knitting, crochet or weaving. Equipment provided or bring your own. For all levels. A \$8-\$15 material fee is due to instructor at first class.

Instructor: Anna Zinsmeister

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	5:45-8:45pm	3/31	9	\$92

Storytelling and Character Design

This class will cover the basics of storytelling and character design to achieve a complete story that has fully formed characters. We will cover topics such as appeal, story arc, concept, and emotion, among others. This beginner class is for those trying to visually tell a story for a first time. A \$10 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
17 yrs +	Mon	8:00-8:45pm	3/28	10	\$75



Weaving

Learn the techniques of inkle, rigid heddle two-shaft, or four-shaft weaving. Try them all, then choose your favorite and make projects including scarves, placemats, bags, camera straps, and belts. Equipment provided or bring your own.

Instructor: Anna Zinsmeister

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	5:45-8:45pm	3/30	9	\$92

DANCE

Bachata Dance

The romantic partner dance of the Dominican Republic is simple yet sensual. We will teach you the steps, turns and combinations in a fun and easy to learn way. Come join us.

Instructors: Bodygroove, Orlando Delgado & Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:30-7:30pm	3/29	10	\$90

Ballet

Classical ballet improves concentration, flexibility, endurance and is used as a foundation for other dance forms. The fundamentals of classical ballet technique are introduced and developed in this class which includes barre, floor stretch, and center work. Barre work will start at the introductory level and progress in difficulty over the session.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	7:15-7:55pm	3/31	10	\$65

*Olive Recreation Center Instructor approval required

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Wed	6:45-7:40pm	3/30	10	\$75

**Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.*



Ballet/ Contemporary/ Jazz Combo

In this class your teen will be introduced to the difference between ballet, jazz and contemporary. They will work to gain strength, flexibility and muscle tone, while practicing basic moves and choreography. All students must have ballet/ jazz shoes.

Instructors: Heather River's Little Stars

Rock Star Dance Fitness

517 N Glenoaks Blvd., Burbank, CA 91502

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Sat	1:15-2:15pm	4/2	5	\$60



Ballroom Dance Class

Learn all the "Basic Steps" to all these dances: East Coast Swing, Rumba, Tango, and Waltz. All dances are choreographed to make you look like a "PRO". Please wear smooth soled or professional dance shoes.

Instructor: Rikki Barton

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:00-8:00pm	3/30	10	\$58

Bellydance

Level 1A is a basic introduction to Bellydance for persons with no prior experience or for those who would like to polish their basics. **Level 1B** continues developing technique and step patterns from L1A, adding the use of basic veil technique and zills (finger cymbals). **Level 2** students expand on basic form, adding more complex rhythm, styling and props. Recommended: Mastery of step and movement patterns, veil and zill techniques taught in Level 1B or equivalent.

Instructor: Zahra Zuhair

Olive Recreation Center

Level 1A

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Mon	6:30-7:30pm	3/28	9	\$72

Level 1B

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Mon	7:30-8:30pm	3/28	9	\$72

Level 2

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	6:30-7:30pm	3/31	10	\$80

Bellydance: Jawahare Performance Class

Jawahare (Jewels) is a faster paced performance and choreography class for experienced students, with focus on concentrated practice for Spring Fling, and other performances through the year.

Instructor: Zahra Zuhair

Olive Recreation Center Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	7:30-8:30pm	3/31	10	\$80

TEEN & ADULT CLASSES

Country Line Dance

Line dancing can motivate your mind, add fun to your life, and help you lose weight the easy way. New dancers are always welcome to this easy going dance class. All dance patterns will be explained, so that you can have fun without getting all sweaty.

Instructor: Ruth Welch

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Fri	7:00-9:00pm	4/1	10	\$26



Dancing with the Seniors **NEW**

With the popularity of ballroom dancing, this class is designed with seniors in mind to avoid injuries and using safe techniques while dancing. It is a fun way to keep active while interacting with others and covering all ballroom dances to all styles of music.

Instructor: Lynell Raiford

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
50 yrs +	M/W	12:30-1:30pm	3/28	10	\$120

Flappers to Rappers; Dancing through the Decades

This class features dance styles from every decade starting with the 20's Charleston and concluding with today's current hip hop styles. Each week we will warm up and learn a fun easy dance to a different decade but give the 50's, 80's and 90's a little more attention. All levels of dancers are welcome. All students must have jazz and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	11:15am-12:15pm	3/31	10	\$62

Hip Hop Dance

This high-energy class contains a blend of several styles of Hip Hop like b-boy and tutting by artists that inspire you to dance. Class includes abs, a warm up, and fresh upbeat Hip Hop choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	12:30-1:30pm	3/29	10	\$62
13 yrs +	Thu	8:15-9:15pm	3/31	10	\$62

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Hula

This class is for experienced students who wish to learn intermediate and advanced level Hula dances, and to improve their Hula dance form, style, and personal expression. The session will also include concentrated practice on Spring Fling and other performance routines. Come for the fun, the exercise, the friendship and the "Aloha." Recommended: Mastery of basic Hula steps and step patterns, and familiarity with Hula dances.

Instructor: Shari Ward

Olive Recreation Center

Level 3

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:30-9:00pm	3/28	9	\$90

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



Jazz

Get your exercise dancing to the music. This class combines technique and choreography. Burn calories while stretching, turning and learning routines to great music like Peggy Lee's "Fever."

Instructor: Sandra Aiena Dixon

Olive Recreation Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Wed	7:45-8:10pm	3/30	10	\$25

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

TEEN & ADULT CLASSES



Jazz Dance

Jazz, Jazz and more Jazz...lyrical, contemporary and old school Jazz, we do it all. Class includes abs, stretching, and a high energy warm up, technique across the floor and Jazz choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	8:30-9:30pm	3/29	10	\$62
13 yrs +	Thu	12:30-1:30pm	3/31	10	\$62

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Just Dance 45+

This class is designed for the active older adult wanting to maintain their muscle strength, range of motion and flexibility, while improving balance, muscle memory, mental alertness and cardiovascular health. Class includes a warm up and a blend of several styles of Jazz and Hip Hop choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have jazz and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
45 yrs +	Tue	10:00-11:00am	3/29	10	\$55

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Just Musicals:

On Broadway, Off Broadway and Off Off Broadway

This class combines jazz technique with other varieties of dance to create a "Broadway" style. Teens and adults will be introduced to choreography from selected musicals both old and new. Whether it's "Singing in the Rain" or "Mamma Mia," you are going to have a "Wicked" good time. All levels of dancers are welcome. All students must have tennis shoes and jazz shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Tue	11:15am-12:15pm	3/29	10	\$62

Michael Jackson's "Thriller" Finale

Join us as we learn the most celebrated dance of all time, "Thriller", which includes MJ's legendary music video choreography as well as new choreography. This piece featuring all ages and levels of dancers will be the final dance to our flashback series. All levels of dancers are welcome. A \$5 music fee is due to instructor at the first class for new students. All dancers must have tennis shoes.

Instructor: Teri Richardson

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Sat	2:15-3:15pm	4/2	7	\$45

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Performance Dance Ensemble (Hip Hop, Jazz and Lyrical)

Designed for the advanced dancer that does more than one style of dance. The technique part focuses on advanced hip hop, jazz, ballet and lyrical combinations which include kicks, jumps and turns needed for each style. The conditioning part focuses on flexibility, strength and endurance needed to improve performance skills. If you have current dance experience and would like to audition, please call the Olive Recreation Center to set up an audition time. All students must have jazz shoes, tennis shoes and soft cloth knee pads for floor work.

Instructor: Amanda "Green" Richardson

Olive Recreation Center Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	3:30-5:20pm	3/31	10	\$94

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



TEEN & ADULT CLASSES



Salsa - Ladies' Styling Spring Fling Routine

This class will take your Salsa turns and styling to the next level – the stage. Strong emphasis on multiple turns, technique, and choreography. Option to perform in the June 2016 Spring Fling performance (additional fee for costumes). What better way to show off your talent to your family and friends?

Instructors: Bodygroove,
Orlando Delgado/Nicole Inman & Hollie Lee

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:15-8:30pm	3/31	10	\$150

Salsa - Level 1

This beginner class will show you the basic steps and hip movements to this fun and exciting dance. No experience or partner necessary. Get ready to move and grove to great Latin music.

Instructors: Bodygroove, Orlando Delgado & Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	7:30-8:30pm	3/29	10	\$90

Salsa - Spring Fling Rehearsal

This class is the rehearsal time for the Spring Fling Team(s) for 2016. Additional fee for costumes.

Instructors: Bodygroove,
Orlando Delgado/Nicole Inman & Hollie Lee

McCambridge Recreation Center

Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	8:00-9:30pm	3/28	9	\$45

Solo Dancing - Get Your Body Back **NEW**

Have fun dancing while learning to use muscles that you forgot about. Get yourself back into good health. Great for new parents or for those who know they should get off the couch and join us. Any comfortable or athletic shoes are recommended. No partners needed.

Instructor: Rikki Barton

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	8:00-9:00pm	3/30	10	\$58

Swing Dance **NEW**

This class is for beginners who will learn East Coast Swing, Charleston and Lindy Hop in a relaxed setting. Be introduced to all the basics so you can dance to music from the 30's, 40's, and 50's. No partners necessary and couples welcomed.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	3:15-4:15pm	3/30	8	\$75



MARTIAL ARTS

Hawaiian - Style Jujitsu

Hawaiian-style Jujitsu is a 100yr old system of personal power blending Asian and Hawaiian arts. Dojo members learn comprehensive martial skills such as striking, throwing, joint locking, kicking, escaping, grappling and weapon defense applications (sticks, knife, gun, staff, sword, cord and other) as well as mental/spiritual preparedness. There is a \$35 association fee.

Instructor: Kimo Williams

Verdugo Lower Assembly Building Beginning/Intermediate

Ages	Day	Time	Start	Wks	Fee
16 yrs +	T/W/Th	7:00-9:00pm	4/5	10	\$195
16 yrs +	Sat	1:00-3:00pm	4/9	10	\$135

Advanced

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Sat	3:15-4:15pm	4/9	10	\$35



Karate

Transform your body, sharpen your mind and energize your spirit. The KIBUKAN® system covers all areas of martial arts including evading, striking, grappling and groundwork, offering the best mix of traditional structure, modern training and reality based practical self-defense. Enrich your life, gain confidence, reduce stress and find balance on the path to mastery in a goal oriented, safety conscious environment. *Add Kobudo (Weapons) classes for maximum benefit. A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	T/Th	7:15-8:15pm	3/29	9	\$199
13 yrs +	Sat	11:15am-12:15pm	4/2	8	\$109

Kobudo

Explore the mystique of martial arts weapons for fun, health, physical conditioning and self-defense. The KIBUKAN® system promotes balance, muscle control, flexibility and focus. Various weapons also help condition specific muscle groups of developing a stronger body, peaceful attitude and sense of balance. A \$55 start-up fee is due to the instructor at the first class for new students.

Instructor: Masters In Motion

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:45-7:15pm	3/29	8	\$69
13 yrs +	Sat	10:45-11:15am	4/2	8	\$69



T'ai Chi Ch'uan

T'ai Chi Ch'uan is an internal Chinese Martial Art. It promotes relaxation, balance, coordination, flexibility and strength. In addition to improving health and fitness, with regular practice, one can develop instinctive self-defense skills.

Verdugo Lower Assembly Building

Level 1 & 2 Instructor: Dede Nardini

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:45-8:00pm	3/28	9	\$100
13 yrs +	Wed	9:30-10:45am	3/30	10	\$110

Level 1 & 2 Instructor: Iren Jensen

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Fri	9:30-10:45am	4/1	10	\$110

Level 1 & 2 Instructors: Iren Jensen and Dede Nardini

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:00-10:15am	4/2	10	\$110

MUSIC

Guitar (Advanced)

This is a pre-college level class for experienced guitar players. Students must already know a variety of guitar notations, chords and scales. Sight reading, fingerpicking, fingerboard shapes, solo guitar playing and soloing will be emphasized. Students must practice 60 minutes daily. Music fee will vary by student.

Instructor: Kevin Benson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Tue	7:00-8:00pm	3/29	8	\$85

Percussion & Hand Drums

Students will have hands on experience with many percussion instruments from shakers, tambourines, claves, and cowbells to congas and bongos. We will learn standard Latin percussion rhythms and learn to play in an ensemble. Earplugs recommended.

Instructor: Bruce Monical

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 + yrs	Mon	5:00-6:00pm	3/28	10	\$130

TEEN & ADULT CLASSES

SPECIAL INTEREST

Beginning/Intermediate Knitting

This class is for both beginners and those who already know the basics of knitting. Beginners will learn the basics: cast on, knit stitch, purl stitch, ribbing, binding off, fringing and weaving in ends. Experienced students will learn pattern reading, shaping, increasing/decreasing lace, cable and more. Materials required: size 11 needles, and two skeins of Jiffy yarn.

Instructor: Alisa M.

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	10:00am-12:00pm	3/28	4	\$52
13 yrs +	Mon	6:00-8:00pm	3/28	4	\$52
13 yrs +	Mon	10:00am-12:00pm	5/2	4	\$52
13 yrs +	Mon	6:00-8:00pm	5/2	4	\$52

Behind the Curtain **NEW**

A great opportunity for the theater fan to learn more about all the different elements of a show. Students will get a quick introduction to many disciplines including acting, improvisation, set and lighting design, playwriting, and directing. A good way to learn to appreciate theater even more and for the theater artist that wants to learn more about other facets of their craft.

Instructor: Kevin Cochran

Grove Theatre Center

1111-B West Olive Ave., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	8:00-9:15pm	3/28	8	\$90



Canine Etiquette: The Basics of Dog Obedience

Help make your pet a more enjoyable, well-mannered companion. Classes focus on skills such as sit, down, stay, come, heel, leash skills and dog-to-dog introductions. Learn troubleshooting techniques for common problems as jumping, digging, barking and destructive chewing. All dogs registered in class must be at least 4 months of age and fully vaccinated prior to starting class. First class meeting will be with owners only.

Instructor: Melissa Munoz

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Wed	6:30-7:30pm	3/30	7	\$110
16 yrs +	Sat	10:30-11:30am	4/2	7	\$110

Learn to Meditate: Creating Peace Within **NEW**

Take a break from the mental busyness and enjoy the inner peace that comes from practice of meditation. Learn simple meditation practices that will bring a sense of balance, peace, and clarity into your life. No experience in meditation necessary.

Instructor: Kathia Rabelo

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:00pm	3/31	10	\$100



Nutrition Workshop **NEW**

Learn simple and easy weight loss methods tailored to you in these small group discussions. Lead by a registered dietician, gain the knowledge you need to be able to lose weight effectively, efficiently, and to keep it off. Please bring a pen, notebook, and calculator.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	6:00-7:00pm	3/29	4	\$45

Wellness Workshop

Do you want to lose weight, look great, and increase your success rate? Then this interactive, experiential, and informative workshop is for you. Be introduced to new skills, gain insight, solve problems and get resources. Some topics covered are: secrets to lose pounds fast, relationship success tools, super nutrition solutions and effective stress reducers.

Instructor: London

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	6:30-7:30pm	4/7	5	\$55

TEEN & ADULT CLASSES

SPORTS & FITNESS

Aqua Boogie

Dance the night away in a challenging cardio and resistance workout at Verdugo Pool. Enjoy easy-to-follow dance routines choreographed to Pop, Rock, Latin, Country and Oldies. Aqua Boogie combines traditional aquatic fitness disciplines with a party-like, safe, challenging cardio-conditioning and body toning workout. All levels.

Instructor: Deni King

Verdugo Aquatic Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Fri	6:30-7:15pm	4/1	10	\$75

Aqua Fit Morning Light

Tone, strengthen and gain flexibility in this moderately paced, low to no impact workout in comfortable, heated water at Verdugo Pool. All muscle groups are worked using water weights and noodles for balance and resistance training. Gentle to moderate cardio increases your stamina and promotes heart health. All levels including those with mobility issues. Weights and noodles provided.

Instructor: Deni King

Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Tue	9:30-10:30am	3/29	10	\$75
16 yrs +	Thu	9:30-10:30am	3/31	10	\$75

Aqua Trim

Have a blast working out in our comfy heated pool. Metabolism boosting, fat torching, heart-pumping session celebration of fitness. Gain flexibility, muscle mass and stamina using water weights and noodles (all provided). Low to no impact. Easy on the joints. All levels.

Instructor: Deni King

Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Mon	6:30-7:30pm	3/28	9	\$68
16 yrs +	Wed	6:30-7:30pm	3/30	10	\$75
16 yrs +	Sat	9:30-10:30am	4/2	10	\$75

Aqua Trim- Deep Water

Rev it up with this high intensity cardio and resistance workout. Floatation belts are worn to keep hovering in the deep end of the pool leaving the entire body free to work with weights and noodles. This invigorating and exhausting pool party will be the highlight of your workout week. Water weights, floatation belts and noodles are provided. All levels.

Instructor: Deni King

Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Wed	9:30-10:30am	3/30	10	\$75
16 yrs +	Thu	6:30-7:30pm	3/31	10	\$75



TEEN & ADULT CLASSES

30-Minute Shred

Jam packed series of short interval workouts that equal a full-body, fat-torching, cardio burn. We include H.I.I.T. (high intensity interval training) with Tabata rounds and track our progress over the 10-week session while we watch the pounds melt away. Bring a mat and weights (all other equipment provided).

Instructor: Karen Eldridge

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:00-6:30pm	3/29	10	\$40

Art of Pilates

This class uses both the bar and mat, joining traditional Pilates with the standing and sculpting power of dance. You will move with continual smooth core contracting circular motion to shrink the waist, build and lift the bust and derriere and define and strengthen arms and legs. Please bring a mat and resistance band.

Instructor: Kristan Sauter

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
17 yrs +	Sat	10:30-11:30am	4/2	9	\$63

Barre Sculpt

Unique and effective No-Impact barre workout class that everyone is talking about. Graceful dance conditioning at the barre, isometrics and interval training using balls, bands, and light weights, bringing the heart rate up while we deeply sculpt arms, abs, booty, and thighs, plus improve posture. Bring a yoga mat.

Instructor: Karen Eldridge

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	9:00-10:00am	3/28	9	\$54
13 yrs +	Wed	6:00-7:00pm	3/30	10	\$60

Box, Burn & Bliss

Gloves on... Channel the raging kick-boxer deep inside you with drills on authentic training bags, mixed with functional training using weights and the latest fitness props to build muscle, balance, endurance and confidence in a safe and friendly environment. The battle is followed by body flow stretching and mind-body connection. *Enroll in Tue/Sat for a \$21 discount. Registration for both classes must be completed on the same transaction for the discount to apply.

Instructors: Karen Eldridge

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:30-7:30pm	3/29	10	*\$65
13 yrs +	Sat	8:00-9:00am	4/2	10	*\$65

Butts 'n Guts & Wings 'n Thighs

Ready to work it? We will tighten, strengthen, and tone all of these areas. Stretching is included and will make you feel great when you leave. It's a fun and energetic class so come enjoy the workout while listening to current music. Bring a mat and weights.

Instructor: Anne Jackson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:15-7:15pm	3/29	10	\$70



Cardio Dancercise

This fast paced class includes a high energy warm-up, non-stop across the floor movement and easy dance choreography that will boost cardiovascular health, increase mental capacity and reduce stress. You will not be standing around in one place in this class because it's not exercise it's dancercise. All levels of dancers welcome. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	7:30-8:15pm	3/29	10	\$58

Cardio Fat Blast / 30 Minutes to Fitness

A fun and highly effective class combining cutting edge cardio with strength and endurance building exercises. 1. Burn fat/boost metabolism 2. Build lean muscle 3. Low-impact options/gentle for joints 4. Increase flexibility/injury prevention. All levels welcome. Weights provided.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Mon	9:00-9:30am	3/28	9	\$45
11 yrs +	Wed	9:00-9:30am	3/30	10	\$50

Cardio Kickboxing **NEW**

This fun and energetic class includes kickboxing combinations, skipping rope, using gloves and soft pads, and stretching. You will gain self-confidence and perform one on one technique. All students must have tennis shoes. Gloves and soft pads provided.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:30-7:30pm	3/30	8	\$80

TEEN & ADULT CLASSES

Cardio Sculpt

Using the theory of muscle confusion, this class integrates variety into your workout so your muscles can continually adapt and you will stay mentally fresh. We mix it up with a short cardio routine, mini-circuits, weights, cardio blasts and plyometric intervals. Bring a mat and weights. All other equipment provided.

Instructor: Karen Eldridge

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	6:00-7:00pm	3/31	10	\$57

Core Sculpt

Draw on the body's core strength for an intense workout with no-to-very-low impact to your joints. Lots of balance work using deep controlled movement with light weights and the assist of a balance bar. You'll lengthen, strengthen, and sweat! Bring light weights and a mat. All other equipment provided.

Instructor: Karen Eldridge

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:30-7:30pm	3/28	9	\$51

Fat to Firm

Cardio Weight Loss and Body Sculpt

Join one of Burbank's best workouts that combine low or high impact cardio, interval and cardio weight training to burn-fat and build lean muscle safely and effectively. Increase your flexibility too. Michelle specializes in tailoring class for all fitness levels for safety and effectiveness. Please bring a mat.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Tue	9:00-10:00am	3/29	10	\$60
11 yrs +	Thu	9:00-10:00am	3/31	10	\$60



Fitness Balls - Core/Back Strengthening

Learn how to relieve back pain with stabilizing exercises with a Swiss Ball. The Swiss Ball is a really great way to strengthen core and back muscles that in turn protect your back and prevent injuries. You will be required to bring a Swiss Ball (size large) to class.

Instructor: Charleen Gosling,
Certified Personal Trainer (A.F.A.A.)

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	9:00-10:00am	3/31	9	\$68



Flexibility Class

Training for flexibility requires moving in the full range of motion of our joint anatomy. Developing a healthy range of stretch allows us to "bend" and move with greater ease while keeping the muscles supple and responsive to the demands of daily activities and exercise. Bring a yoga mat, a towel for head and knee support and a yoga strap (a neck tie will do).

Instructor: Charleen Gosling,
Certified Personal Trainer (A.F.A.A.)

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Fri	9:30-10:30am	4/1	9	\$68

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Sat	10:30-11:30am	4/2	9	\$68

Pilates = Weight Loss + Strength

Experience Pilates and dramatically reshape and strengthen your body. A unique blend of Pilates and new innovative exercises targets the core, arms, legs, and buns along with stretching to promote flexibility. Michelle specializes in tailoring the workout for individual fitness levels for safety and effectiveness. Weights provided. All fitness levels welcome. Bring a mat.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Mon	9:30-10:30am	3/28	9	\$72
11 yrs +	Wed	9:30-10:30am	3/30	10	\$80
11 yrs +	Fri	9:30-10:30am	4/1	10	\$80

Piloxing®

Piloxing® cardio fusion workout burns maximum calories, builds lean muscles and increases stamina by uniquely mixing Pilates, boxing and exhilarating dance moves. It's a super fun, fat-blasting, muscle-sculpting, core-centric workout. Optional ½ lb. weighted Piloxing® gloves enhance the workout by further sculpting arms and increasing cardiovascular endurance. Bring a mat.

Instructor: Karen Eldridge

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	9:00-10:00am	3/30	10	\$60
13 yrs +	Wed	7:00-8:00pm	3/30	10	\$60
13 yrs +	Sat	9:30-10:30am	4/2	10	\$60

TEEN & ADULT CLASSES



Stroller Strides®

Stroller Strides® is stroller- based fitness program for moms with little ones (6 weeks-4 years). Each 60 minute workout incorporates walking or jogging, cardio, strength, songs and activities. Fitness instructors are certified in prenatal and postnatal fitness and provide modifications to keep all fitness levels challenged. Its fitness and friendships for mom and fun for baby.

Instructor: FIT4MOM, Kat Guessard

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	9:30-10:30am	3/29	4	\$40
18 yrs +	Tue	9:30-10:30am	4/26	4	\$40

Weight Management Challenge **NEW**

Each person will receive a BMI, muscle percent and fat percent test at the beginning and at the end of the session to measure progress. This is a strength training class incorporating hand weights and exercise bands to sculpt and tone your entire body.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	9:15-10:15am	3/30	8	\$80

Zumba + Cardio Dance

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out. Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). Ditch the workout, join the party – try Zumba today.

Instructor: Bodygroove, Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:30-8:30pm	3/30	10	\$80

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:30-8:30pm	3/28	10	\$80
13 yrs +	Tue	10:00-11:00am	3/29	10	\$80
13 yrs +	Tue	6:00-7:00pm	3/29	10	\$80
13 yrs +	Thu	10:00-11:00am	3/31	10	\$80
13 yrs +	Thu	6:00-7:00pm	3/31	10	\$80

Zumba Cardio Dance + Pilates

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out. Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). The class will end with 15 minutes of Pilates to build core strength. Ditch the workout, join the party- try Zumba today.

Instructor: Bodygroove, Hollie Lee

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:15-10:15am	4/2	7	\$56

Zumba Toning with Lightweight Sticks **NEW**

Learn to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the target zones. You will have so much fun, you will not even know you are working out. Ditch the work out and join the party.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:45-8:45pm	3/30	10	\$80

Zumba® with Michelle - 30 minutes

Exercise in disguise. It's a blast, easy, and effective. The great blend of music and easy-to-follow dance moves burn fat and boost your metabolism safely and effectively. Strengthen the most important muscle in the body-the heart. All fitness levels welcome.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Fri	9:00-9:30am	4/1	10	\$50



YOGA

Gentle Yoga

Want to relax and shut down your brain but feel you just aren't able to? Learn how to relax and then put it into practice through breathing techniques, good posture, stretching, and restorative postures. Please bring a yoga mat and a towel.

Instructor: Anne Jackson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:00-8:00pm	3/28	9	\$54

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:00pm	3/31	10	\$60

Kundalini Yoga for Youth and Joy **NEW**

Start the spring season with a fresh outlook based on the teachings of Yogi Bhanan. This class will leave you feeling healthy and energetic, with a renewed enthusiasm for life. There will be some classical Hatha sequences included along with breathing and meditation exercises. Please bring a yoga mat and blanket.

Instructor: Juliet Kaluzniacki

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:30pm	3/31	8	\$80

Yoga Basics

Restore and bring balance back into the body. Yoga benefits all by encouraging flexibility and building strength. In this class, we move through basic yoga poses, linking breath to movement and focusing on proper alignment. Sequences of movement (vinyasa flow) are also incorporated. Yoga Basics is a rejuvenating class, a way to de-stress and unwind at the end of the day. All levels are welcome. Please bring a yoga mat and towel.

Instructor: Lisa Ashby

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	7:30-8:30pm	3/31	8	\$64



Yoga – Flexibility, Stress Reduction

Want to feel great at the end of the day? Instruction in yoga postures incorporates various stretching, breathing and relaxation techniques contributing to the well-being of the total self. Comfortable clothing suggested. All levels welcome. Bring a mat, large towel and a non-flexible strap. **Mon/Wed 5:45 p.m. classes may be taken together for a \$9 discount. Register for both classes on the same transaction for the discount to apply.*

Instructor: Paulette Cole

Joslyn Adult Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	5:45-6:45pm	3/28	9	*\$54
18 yrs +	Mon	7:00-8:00pm	3/28	9	\$54
18 yrs +	Tue	7:00-8:00pm	3/29	9	\$54
18 yrs +	Wed	5:45-6:45pm	3/30	9	*\$54
18 yrs +	Wed	7:00-8:00pm	3/30	9	\$54
18 yrs +	Thu	7:00-8:00pm	3/31	9	\$54

Yoga + Pilates for Health & Vitality

Class will cover basic postures, proper alignment and breathing technique, then moves on to a series of yoga poses to build heat inside your body. This is a classic yoga class with detailed instruction. Please bring a yoga mat, a towel and 2 yoga blocks (blocks can be purchased from instructor). All levels welcome except Wednesday class is not for beginners.

Instructor: Bodygroove, Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:00-7:10pm	3/30	10	\$80

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:00-7:10pm	3/28	10	\$80
13 yrs +	Tue	11:00am-12:00pm	3/29	10	\$80
13 yrs +	Tue	7:15-8:25pm	3/29	10	\$80

Yoga, Strength Training

This class will include instruction in stretching, relaxation and self massage for wellness. Classical yoga postures will be adapted to the individual's needs. 2lb. hand weights are optional and tennis shoes are required for first hour. Please bring yoga mat. **Classes may be taken together for a \$10 discount. Register for both classes on the same transaction for the discount to apply.*

Instructor: Susan Quon

Joslyn Adult Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	8:00-9:30am	3/29	10	*\$80
18 yrs +	Thu	8:00-9:30am	3/31	10	*\$80